



Spinach

Planting from Seed

When to start seeds indoors: 8-10 weeks before spring frost date

Earliest date to transplant hardened off seedlings:

4 weeks before spring frost date

Days of Germination: 6-10 days (in optimal conditions)

Planting in the Garden

Recommended garden type and method: Direct sow in hydroponic, strawbale, containers, raised beds, hoop house, field grown. Prefers cool temps.

Spacing: 10 seeds per inch, rows 12" – 15" apart

Planting depth: 1/2"

Companion plants: Strawberries, tomatoes, garlic

Harvesting

1 seed = 25 leaves

Days to Harvest: 35-45 days

Directions: Harvest baby spinach leaves by cutting the plant off just above the growing tip. Harvest mature leaves by snapping or cutting off lower leaves at desired size and working up the stem. Leave 1/3rd of the plant leaves on for future harvest. Immediately hydrocool by submerging in cold water. Store at 32' and 95% humidity.

Use in the Kitchen

Vegetable subgroup: Dark green

Preparation: Wash, dry with salad spinner

Menu Planning Ideas: Raw, sauté, add to soups and stews, bake into brownies, omelet

Suggested Flavor Enhancers: Garlic, lemon, milk or cheese, fruit



The Lifecycle of Farm to School

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